PRIMO PASTA
MIXED VEGETABLE FUSILLI EASY TO ASSEMBLE {page 21}

FEAR FACTOR

PM PAINTS DIRE PICTURE AS HE HITS GTA {page 6}

TORONTO metro®
Monday, March 28, 2011
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News worth sharing.

$18M bill for botched eco fees

- When fees were quietly added to products on same day as HST last July, consumers were outraged
- Extra charges range from pennies to dollars in stores

Ontario taxpayers have been hit with an $18-million bill for the province's bungled eco-fee program.

The Ministry of Environment stopped the program last summer after public outrage over eco fees added to bleach and other household chemicals created a public relations nightmare for a government heading into election mode.

Liberals blamed the mess on Stewardship Ontario, which operated the government-mandated recycling program and has now sent the ministry a bill demanding $18.6 million in costs for the cancelled program.

Environment Minister John Wilkinson confirmed the ministry is auditing Stewardship Ontario's claim.

"We are open to reimbursing them," Wilkinson said.

Stewardship Ontario is a private industry-funded organization created by government in order to manage recycling programs on behalf of its 1,500 members, businesses that make and sell the designated products.

The aim was to create an industry-funded program that would educate consumers on where to dispose of household hazardous waste and track the waste to make sure of its proper disposal.

TORSTAR NEWS SERVICE

Breakdown

- The bill includes a charge of $8 million to $10 million for research and development of the programs; legal fees; marketing campaigns; and the purchase of a $3-million computer system designed to track an array of household hazardous waste materials through the recycling process.

Juno. Awards

▶ Shania Twain poses for photographers after being inducted into the Canadian Music Hall of Fame at the Juno Awards in Toronto yesterday. More Juno coverage, page 17.

CHRIS YOUNG/THE CANADIAN PRESS

Shania gets her due

Election

Local battlefields to watch

- Conservatives targeting key GTA ridings in hopes of clinching majority
- But Liberals also looking to make gains in region {page 4}

Radiation spike report a mistake

High reading at Japan plant inaccurate: Officials {pages 8-9}

Witherspoon ties the knot

Renée Zellweger, Tobey Maguire among reported guests {page 18}

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Hail. Greece

▶ The Toronto Greek community held its annual Independence Day parade yesterday in the Danforth neighbourhood.

DAVID COOPER/TORSTAR NEWS SERVICE

Dancing in the street

Greek Independence Day is a national holiday in Greece, commemorating the 1821 Greek Declaration of Independence from the Ottoman Empire.

Lights were on, but no one was home

Some notable Torontonians had their lights on during Earth Hour, although they weren't home at the time The city only saw a five per cent power drop, half the reduction of 2010

Former Toronto mayor David Miller was away on business overseas.

Ontario Energy Minister Brad Duguid was at a community event.

And Jed Goldberg, Earth Day Canada's president, was enjoying a candlelight supper — at a friend's house.

These were the explanations offered in response to an informal study the Toronto Star conducted to see who was setting an example and turning their lights out during Earth Hour.

On Saturday we sought out city-wide landmarks and the homes of some prominent leaders. The results were a bit disappointing.

The lights were going full tilt in the living room and front hall Saturday night at the home of Goldberg.

That evening a Star photographer showed up at Goldberg's house and a next-door neighbour asked him what he was shooting. Shortly after the neighbour entered her home, the lights went out at Goldberg's. But the lights went on again minutes later, and a young man ran out of Goldberg's, saying the picture was unfair because the house has solar panels and the family drives a hybrid vehicle.

In an interview yesterday, Goldberg said he and his wife were at a candlelight dinner party at a friend's home a few blocks away during Earth Hour. His teenage daughter stayed home with some of her friends.

"We talked to her about it (Earth Hour), but what can I tell you, she's a 16-year-old girl," Goldberg said, chuckling a bit.

Apathy

As for landmarks, while most of the lights were out at Queen's Park, just a few steps away about one-quarter of the lights appeared to be on at the Ontario Power Generation building on College Street.

Goldberg, who also has a young son, allowed the Star to return to his home Sunday to view the solar panels.

"They're for heating our water and generating electricity," he explained.

An aide for Duguid said the minister was at a community event in his riding during Earth Hour, but his family was home. The home's living room and kitchen lights were on Saturday.

At the home of Miller, who was known for promoting a green agenda while Toronto mayor, two porch lights were on Saturday, in addition to the lights for the front hallway.

But it's unclear who was home at the time since Miller is overseas attending meetings. TORSTAR NEWS SERVICE

1 news

Greens ride anti-nuclear energy wave to historic victory in German elections.

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A court decision changes how immigration officials handle "poison pen" letters. Guidy Mamann has more at metronews.ca/immigration

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Suburbs prepare for fierce election battles

TARA WALTON/TORSTAR NEWS SERVICE

▶ Liberal MP Ruby Dhalla has had a number of problems since the last election, including her public nanny scandal.

These four campaigns between the Liberals and Conservatives in the 905 are among the most hotly contested

Election 2011

If Stephen Harper is to win his first majority government he will have to pick up seats in the GTA.

But the Liberals have their own targets and are hoping to make key gains in the 905 region.

Below are four GTA ridings that will become flash points in the election.

Brampton-Springdale: The Liberals' Ruby Dhalla narrowly staved off defeat in the 2008 election. She, of course, has had a number of problems since that election, including her public nanny scandal. Conservative candidate Parm Gill will be hoping Dhalla's missteps over the last three years will have eroded the 773-vote lead she had over him in the last election.

Brampton West: First-time Liberal candidate Andrew Kania pulled out a 231-vote victory over Conservative Kyle Seeback in 2008. Seeback and Kania will be squaring off again and, with the Conservatives targeting ethnic voters in the region, Kania will have to fight for his political life if he is to be re-elected.

Eglinton-Lawrence: Joe Volpe has held this riding for the Liberals since 1988. However, his support has dwindled in recent elections. In 2004, he received 16,568 more votes than his Conservative challenger. In 2006, he won by 11,147 votes. By 2008, he walked away just 2,060 votes more than Tory Joe Oliver.

Richmond Hill: Bryon Wilfert has held this riding since it was created in 2004. Wilfert trounced the Conservative candidate in 2008, but Wilfert is sitting in one of the ridings the Conservatives covet and have declared a "target."

TORSTAR NEWS SERVICE

CONTRIBUTED

▶ Conservative candidate Parm Gill hopes Ruby Dhalla's problems over the last three years will have eroded the 773-vote lead she had over him in the last election.

Oakwood students blindsided by Africentric school proposal

Oakwood Collegiate students were "outraged" to learn when they woke up Saturday that their school could become the site of Toronto's first Africentric high school in September.

"Uh, really?" said Grade 12 student Henry Che, summing up the collective reaction to news that students and parents say came out of nowhere.

"No one was informed about this," said Che, 17. "People are outraged about the lack of transparency."

Oakwood's school council said it is a "disgrace" that the community was not consulted before Toronto District School Board staff made the recommendation.

Most parents learned about the proposal Saturday through media reports and after an automated phone call directed them to a letter on the school's website, announcing a public meeting tomorrow night.

DAVID COOPER/TORSTAR NEWS SERVICE

▶ Henry Che, 17, a Grade 12 student at Oakwood is upset that Oakwood Collegiate Institute is targeted by the TDSB to be turned into an Africentric high school.

The proposal for the black-focused school is detailed in a report going before a committee of trustees Wednesday. A decision could be made as early as April 13.

"They're trying to ram this down our throats without any consultation," said co-chair David Battiston, a former Oakwood student who now has two children enrolled at the school. TORSTAR NEWS SERVICE

Black-focused

- **First school** The Toronto District School Board opened its first black-focused alternative school in 2009.
- **Waiting list** It has performed well on provincial tests and already has a waiting list.

Police searching for five suspects in sex assault

Police are searching for five men after a 17-year-old girl was sexually assaulted and robbed early yesterday morning.

The teenager was walking in the Bayview Avenue and Sheppard Avenue East area around 2 a.m. when five men approached her. One man threatened her with a knife before the group grabbed her and pulled her into an alleyway, said Det.-Const. Dave Windsor.

The group then sexually assaulted the teen and robbed her before taking off on foot, police said. Anyone with information is asked to call police at 416-808-7474.

TORSTAR NEWS SERVICE

Tweets defend doorman's post

A Twitter uprising exploded yesterday to keep Holt Renfrew's doorman at his post.

Tom Hargitai, the luxury department store's doorman for 21 years, has been told he is being let go. Hundreds of tweets called for a groundswell to reverse the decision.

TORSTAR NEWS SERVICE

ANDREW WALLACE/TORSTAR NEWS SERVICE

▶ Tom Hargitai

Ontario's deficit revised and reduced

Ontario is sailing out of a stormy sea of red ink with a revised and reduced deficit this year of $16.7 billion, sources told the Toronto Star.

That's $2 billion less than the $18.7-billion budget shortfall most recently estimated for the 2010-11 fiscal year ending Thursday.

It is $3 billion below the projection of $19.7 billion made in the March 2010 budget — further evidence Ontario has emerged from the world's worst financial crisis since the Great Depression.

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Tory message might leave you shell-shocked

Harper paints dire picture of war and financial calamity around the world, adds a teetering Canadian economy

Election 2011

Prime Minister Stephen Harper's speeches in the early days of the federal election campaign could give Canadians the shivers.

"Friends, we are living in a fragile global recovery. Yes, Canada is doing relatively well, but a sea of troubles is lapping at our shores, disaster in the Pacific, chaos in the Middle East, debt problems in Europe and, of course, very serious challenges south of our border.

"Canada is the closest thing the world has to an island of security and stability," Harper told a crowd of about 300 people in Brampton.

"If we don't win a stable majority, (Ignatieff) believes he can get a mandate from the NDP and the Bloc Québécois to govern even if he didn't win the election."
PRIME MINISTER STEPHEN HARPER

The Conservatives have chosen a supposed coalition as the centre of their doom-and-gloom scenarios.

THE CANADIAN PRESS

ADRIAN WYLD/THE CANADIAN PRESS

▶ Prime Minister Stephen Harper gestures yesterday as he works behind the counter at a deli in Brampton.

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Last straw for Duceppe

Bloc Québécois leader accuses Harper of hypocrisy in PM's attacks against coalition governments

Election 2011

Bloc Québécois Leader Gilles Duceppe has deputized himself as Stephen Harper's truth cop.

With less skin in the game than other leaders, Duceppe may be in the best position to take the prime minister to task over his repeated pounding on the possibility of a coalition of opposition parties forming a government after the election.

Duceppe said he never intended to go into great detail about the opposition discussions in 2004 aimed at toppling Paul Martin's Liberals and installing Harper as prime minister. The Conservative leader's assertion that any government led by a party without the most seats would be "illegitimate" forced the separatist chief to change his mind.

Harper invited him to take part in those discussions. Harper asked for his input in a Conservative budget and throne speech. So as far as Duceppe is concerned, there is only one conclusion that can be drawn — Harper "is lying."

The Bloc leader has admitted he has little to lose from the issue — he makes no secret he is willing to use his position to win concessions for Quebec with any party.

Yesterday, Harper was back at it at a rally in Brampton, ominously warning that if he didn't win a majority, Ignatieff would "move with lightening speed" to team up with the NDP and Bloc.

Harper said he would never consider trying to govern from second place.

That was the last straw for Duceppe.

In an unusually lengthy and angry dissertation of the events of 2004, when Harper was the leader of the Opposition, Duceppe said Harper tried to do everything he now accuses the opposition parties of contemplating.

THE CANADIAN PRESS

PAUL CHIASSON/THE CANADIAN PRESS

▶ In an angry denunciation of Stephen Harper's attempt to usurp the Paul Martin government seven years ago, Bloc Québécois Leader Gilles Duceppe says the prime minister also once sought a form of coalition of losers to oust the Liberal prime minister.

Harper strategies

The coalition has the potential of being a winning issue for Harper, especially when it can be couched as a scary alliance of "arch-centralists and Quebec sovereignists." It also makes the election about the opposition.

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Utility made bad assumptions: Probe

In planning their defence against a killer tsunami, the people running Japan's now-hobbled nuclear power plant dismissed important scientific evidence and all but disregarded 3,000 years of geological history, an Associated Press investigation shows.

The misplaced confidence displayed by Tokyo Electric Power Co. (TEPCO) was prompted by a series of overly optimistic assumptions that concluded the Earth couldn't possibly release the level of fury it did two weeks ago, pushing the six-reactor Fukushima Dai-ichi complex to the brink of multiple meltdowns.

Instead of the reactors staying dry, as contemplated under the power company's worst-case scenario, the plant was overrun by a torrent of water much higher and stronger than the utility argued could occur, according to an AP analysis of records, documents and statements from researchers, the utility and Japan's national nuclear safety agency.

THE ASSOCIATED PRESS

TEPCO

TEPCO officials say they had a good system for projecting tsunamis.

- **But TEPCO discounted** readings from a network of GPS units that showed the two tectonic plates that create the fault were strongly stuck together, thus storing up extra stress along a line hundreds of kilometres long.
- **TEPCO also modelled** the worst-case tsunami using its own computer program instead of an internationally accepted prediction method.

RADIATION

Up to 600 people working inside Fukushima nuclear plant in shifts Death toll from tsunami, quake at 10,668 with more than 16,574 missing, police report

Emergency workers struggling to pump contaminated water from Japan's stricken nuclear complex fled from one of the troubled reactors yesterday after reporting a huge increase in radioactivity — a spike that officials later apologetically said was inaccurate.

The apology came after employees fled the complex's Unit 2 reactor when a reading showed radiation levels had reached 10 million times more than normal in the reactor's cooling system.

Officials said they were so high that the worker taking the measurements had withdrawn before taking a second reading.

Last night, though, plant operators said that while the water was contaminated with radiation, the extremely high reading was a mistake.

"The number is not credible," said Tokyo Electric Power Co. spokesman Takashi Kurita. "We are very sorry."

He said officials were taking another sample to get accurate levels, but did not know when the results would be announced.

The situation came as officials acknowledged there was radioactive water in all four of the Fukushima Dai-ichi complex's most troubled reactors, and as airborne radiation in Unit 2 measured 1,000 millisieverts per hour — four times the limit deemed safe by the government, Kurita said. Officials say they still don't know where the radioactive water is coming from, though government spokesman Yukio Edano has said some is "almost certainly" seeping from a cracked reactor core in one of the units.

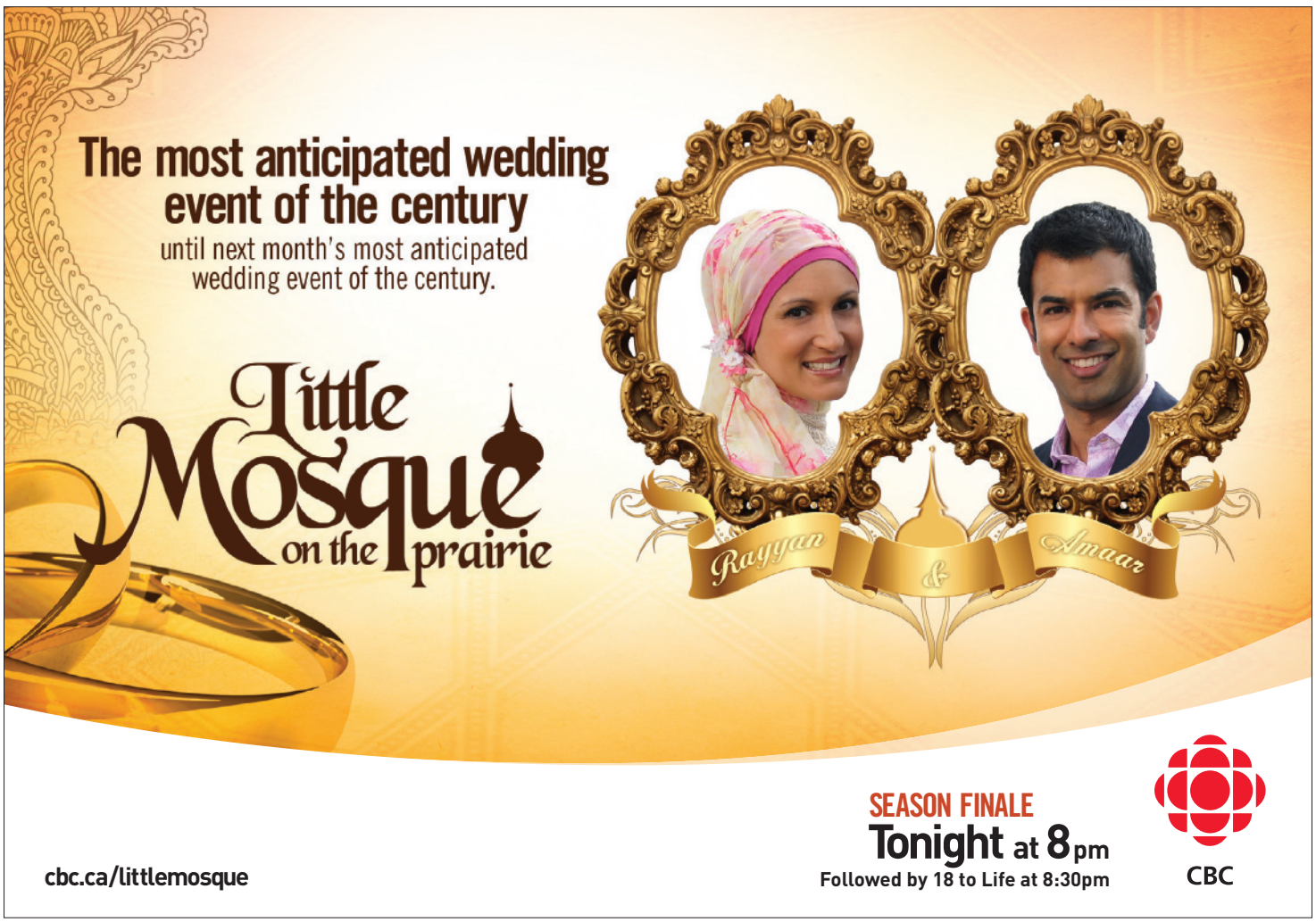
While the discovery of the high radiation levels — and the evacuation of workers from one reactor unit — again delayed efforts to bring the deeply troubled complex under control, Edano insisted the situation had partially stabilized.

THE ASSOCIATED PRESS

U.S. radiation

Nevada has joined several western states in reporting that minuscule amounts of radiation from Japan's damaged nuclear plant are showing up.

- But as with the other states, scientists say there is no health risk.



READING MISTAKE

PAULA BRONSTEIN /GETTY IMAGES

▶ Family members grieve over the coffin of a loved one during a service at a temporary burial site yesterday in Kensennuma, Japan. Under Japanese Buddhist practice, cremation is the expected traditional way of dealing with the dead, but with the death toll so high, crematoriums are overwhelmed, and there is a shortage of fuel to burn them. Local municipalities are forced to dig mass graves as a temporary solution.

New quake hits Japan, tsunami alert issued

A magnitude-6.5 earthquake shook eastern Japan off the quake-ravaged coast on Monday morning, local time, the U.S. Geological Survey reported, prompting Japan to issue a tsunami alert.

There were no immediate reports of damage or injuries, but the Japan Meteorological Agency announced that a tsunami of up to half a metre may wash into Miyagi prefecture.

The tsunami alert was localized to Japan. The U.S. Pacific Tsunami Warning Center said no wave was expected in Hawaii or on the U.S. West Coast.

The alert was prompted by a quake that the U.S. Geological Survey measured at 7:23 a.m. Monday morning Japan time near the east coast of Honshu.

A magnitude-9 quake off Japan's northeast coast on March 11 triggered a tsunami that barrelled onshore, triggering a humanitarian disaster that is thought to have killed about 18,000 people.

5.9

The U.S. Geological Survey said the quake was 5.9 kilometres deep.

THE ASSOCIATED PRESS

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News in brief

YVES LOGGHE/THE ASSOCIATED PRESS

▶ Anders Fogh Rasmussen

NATO to lead Libya mission

BRUSSELS. NATO will assume command of all aerial operations in Libya from the U.S.-led force that has been conducting air strikes against Moammar Gadhafi's forces, officials said yesterday.

NATO jets yesterday already began enforcing the no-fly zone, secretary general Anders Fogh Rasmussen announced.

"NATO allies have decided to take on the whole military operation in Libya under the UN Security Council resolution," Fogh Rasmussen said. **THE ASSOCIATED PRES**

U.S. pulls back naval power

WASHINGTON. In a sign of U.S. confidence that the weeklong assault on Libya has tamed Moammar Gadhafi's air defences, the Pentagon has reduced the amount of naval firepower arrayed against him, officials said yesterday.

The move, not yet publicly announced, reinforces the White House message of a diminishing U.S. role. **THE ASSOCIATED PRESS**

Alleged rapists queried: Libya

TRIPOLI. The Libyan government says Iman Al-Obeidi, below, who

stormed into a Tripoli hotel Saturday to tell foreign reporters that government troops raped her, is now with her family. The government says four men were interrogated in the case, including the son of a high-ranking police officer. **THE ASSOCIATED PRESS**

Libya stronghold hit from above

UN-authorized air strikes cripple Gadhafi forces, allowing rebels to advance ◐ Washington can't say how long Libya operation will last

International air raids targeted Moammar Gadhafi's hometown of Sirte for the first time last night as rebels made a high-speed advance toward the regime stronghold, a formidable obstacle that must be overcome for the government opponents to reach the capital Tripoli.

A heavy bombardment of Tripoli also began after nightfall, with at least nine loud explosions and anti-aircraft fire heard, an Associated Press reporter in the city said.

Earlier in the day, rebels regained two key oil complexes along the coastal highway that runs from the opposition-held eastern half of the country toward Sirte and beyond that, to the capital. Moving quickly westward, the advance retraced the steps of the rebels' first march toward the capital. But this time, the world's most powerful air forces have eased the way by pounding Gadhafi's forces for the past week.

MAHMUD TURKIA/GETTY IMAGES

"This is the objective of the coalition now ... They are trying to push the country to the brink of a civil war."

KHALED KAIM, LIBYA'S DEPUTY FOREIGN MINISTER

Sirte is strategically located about halfway between the rebel-held east and the Gadhafi-controlled west along the coastal highway. It is considered a bastion of support for Gadhafi that will be difficult for the rebels to take and the entrances to the city have reportedly been mined. If the rebels could overcome it, momentum for a march on the capital would skyrocket.

After nightfall, foreign journalists in Sirte reported loud explosions and warplanes flying overheard. They said the city was swarming with soldiers on patrol. Libyan state television confirmed air raids on Sirte and Tripoli.

Residents in the contested city of Misrata in western Libya reported fighting yesterday between anti-government rebels and pro-Gadhafi forces firing from tanks on residential areas. Misrata is one of two cities in western Libya that have risen against the regime and suffered brutal crackdowns. **THE ASSOCIATED PRESS**

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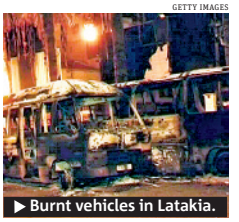
ANJA NIEDRINGHAUS/THE ASSOCIATED PRESS

▶ Libyan rebels celebrate yesterday at a checkpoint in Al-Egila, east of Ras Lanuf, Libya.

Unrest continues across Arab world

The latest developments in Arab political unrest stretching from North Africa to the Persian Gulf:

GETTY IMAGES



▶ Burnt vehicles in Latakia.

▶ **SYRIA** Syria's government said unknown gunmen firing from rooftops and prowling the streets of the Mediterranean city of Latakia are to blame for two days of violence that killed 12 people during protests over the weekend. The dead include security forces and residents of the city alike, as well as two members of the shadowy "armed elements," the state news agency reports. The identity of the gunmen remains a mystery.

▶ **YEMEN** Islamic militants seized control of a weapons factory, a strategic mountain and a nearby town in the southern province of Abyan, said a witness and security officials. A stalemate between President Ali Abdullah Saleh and the protest movement seeking his ouster is causing security to unravel around the fragile country.

▶ **JORDAN** Jordanians mourned a 55-year-old man who died in a violent anti-government protest two days earlier. Khairi Saad was the first person to die in nearly three months of protests in Jordan. The government claims Saad was a supporter who died of a heart attack, while the opposition and his brother dispute that, saying he was a follower of the Muslim Brotherhood who was beaten to death by police.

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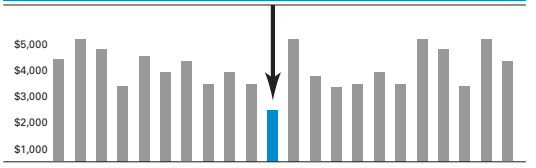

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RIM readies for PlayBook launch

But low-key promo strategy has even fans worried about problems

The long-awaited release of Research In Motion's PlayBook tablet could be "the most significant development" for the company since the launch of its first BlackBerry in 1999, co-CEO Jim Balsillie says.

But will consumers glance up from their iPads for even a second to give it a chance?

Buzz for the PlayBook was palpable when the tablet was first announced late last September. But demanding online critics long ago grew weary of the months-long wait for the device. And few expect that even fanatical RIM fans will show their devotion like Apple's customers do — by lining up overnight — when the PlayBook launches April 19.

Balsillie said Thursday that RIM will be sending demo units to key Fortune 500 customers and has already received "fantastic" feedback.

Queue for iPad 2

Apple fans across the country hunkered down, some overnight, in long lines Friday to be among the first to get their hands on the iPad 2.

- At the Eaton Centre, Oren Lasko arrived at the Apple store at about 7:30 a.m. Thursday, making his wait for an iPad 2 nearly 36 hours long.
- The tablet didn't go on sale until 5 p.m. Friday.
- On Apple.ca, availability for all models of the iPad 2 is three to four weeks.

But investors seemed to be less confident after the company released its latest earnings report and projections for growth. RIM stock plummeted more than 10 per cent Friday.

The fact that it's taken RIM so long to bring its tablet to market also hasn't inspired confidence, says David Soberman of the University of Toronto's Rotman School of Management.

He says RIM's low-key promotion for the PlayBook might reflect an initial focus on its loyal corporate market, with consumers being wooed in the second wave of sales.

"But we still don't really know what they're going to do in the next two or three weeks."

THE CANADIAN PRESS

AFP/GETTY IMAGES

▶ RIM co-CEO Jim Balsillie says the PlayBook has received "fantastic" feedback, including interest from some corporations in placing orders in the five-figure range.

CHRIS BOLIN/THE CANADIAN PRESS

▶ Mark Carney

G20 must act to ward off crash: Carney

The global economy is shifting, and G20 countries must set policies that will prevent another dire economic crisis, Bank of Canada governor Mark Carney said Saturday.

Carney said the "economic centre of gravity" is moving away from industrialized nations and toward emerging economies in Latin America and Asia.

"This is a fundamentally positive paradigm shift," he said in Calgary at a meeting of the Inter-American Development Bank. "But it's also disruptive."

Sustained growth from emerging economies means high commodity prices could continue for a long time. This, along with the enormous amount of foreign capital pouring into these economies, risks driving up inflation.

Carney warned against constraining capital inflows or foreign exchange moves. In the long term, he called for a new, "mutually consistent" set of rules for the global monetary system, which he said has degenerated into a "dysfunctional hybrid of fixed and floating regimes." THE CANADIAN PRESS

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A STITCH IN TIME SAVES CITY'S GARMENTS

Urban Compass

ANDREW WALLACE

The pants are vintage Fiorucci denim, a pair of bell-bottoms that are tighter than a Jimmy Page riff and have more soul than Janis Joplin's saddest tune. They're currently the property of a long-legged chap in a cowboy hat, but lately they've had a rough ride.

The man in the hat goes by the name of Scotty B. Goode and he was born two decades too late. Right now, he's wearing his lifestyle on his legs, his prized pants ravaged by rips and gaping holes. So on a Tuesday afternoon he struts into a small shop in Bloorcourt Village with his rock 'n' roll sensibility hanging in the balance.

He heads up the stairs, en route to Irene Stickney, the seamstress charged with this southern rock revival. She's the proprietor of a magical place called The Make Den, where the city's Scottys, aspiring artists and future fashionistas alike come to get their sewing fix.

"... where the city's Scottys, aspiring artists and future fashionistas alike come to get their sewing fix."

A 30-year-old entrepreneur with a degree from Ryerson and a previous life as a production assistant with Jones New York, Stickney has operated her sewing-and-alterations studio for a year, part of the larger group of vintage-inspired shops that call the 69 Vintage Collective home.

There's Buy The Pound at the back of the main floor, where merchandise runs 15 bucks for a half-kilo, and a pricier vintage shop out front. Erin Anderson sells rare leather goods next door to Stickney, and a woman named Marilyn is down the hall, peddling her own high-end finds, but at friendly bargain prices.

Back at The Make Den, the pants are on the table, the rawhide is out, which Stickney will skillfully stitch along the seam. It's a tall order in every sense of the word, but she has sewn much stranger things.

Stickney's passion lies in bringing others' creations to life, and when she says, "Oh my God, I'll make anything," she tells not a word of a lie. She once created a six-foot blow-up babushka doll and she's currently crafting a Lady Gaga–themed tuxedo for a local drag queen with a unique sense of style.

She runs private workshops on how to sew, how to make a fairy-tale dress and a full-day seminar that's Gaga-inspired, creating "an easy blazer that looks impossible!" She even leads a program for PACT, a non-profit that empowers youth at risk, teaching kids from local foster homes how to make their own swag.

But, for now, all that will have to wait. There's a cowboy in the house and he needs a pair of pants.

Contact Andrew Wallace at urbancompass@metronews.ca

Cartoon

MICHAEL DE ADDER

No reason to get rattled

Worth mentioning

Here's some good news in the wake of Japan's disaster: A new study says big earthquakes don't set off other dangerous ones around the globe.

Big quakes do trigger local aftershocks, but researchers found no sign of setting off moderate-sized events beyond about 950 kilometres away.

That won't surprise most experts, said lead study author Tom Parsons. But it's different from his prior research, which did find a global effect for setting off small quakes, said Parsons, of the U.S. Geological Survey in Menlo Park, Calif.

Parsons and Aaron Velasco of the University of Texas at El Paso reported the work online yesterday in the journal Nature Geoscience.

They looked at worldwide earthquake records for the 30 years ending in 2009. There were 205 big earthquakes, with magnitude of 7 or more, and 25,222 moderate ones with magnitudes between 5 and 7.

While the study didn't look at whether big quakes trigger other big quakes far away, the new data suggest they do not, Parsons said. Anyway, since the world averages only about seven quakes at magnitude 7 or above per year, any such effect would have been noticed already, he said. THE ASSOCIATED PRESS

A world away

MRTV/THE ASSOCIATED PRESS

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Metro Minute with Jukari fitness class

You know what fitness classes need? More flying. And we're not just talking about your serotonin levels. Serious, off-the-ground, body-in-the-sky aerodynamics. That's why Reebok has paired up with Montreal's Cirque du soleil to offer us ground dwellers a chance to break sweat in the air. Toronto's first Jukari class, which combines aerobics, strength training and core work with what can be best described as a steel trapeze, kicks off today at KingWest Fitness (171 East Liberty St.). Participants can try moves like the Hanging Carousel to Straddle, an exercise designed to challenge your adductors, lats and gut — er, abs. You may not soar as gracefully as a Cirque acrobat, but it sure beats squats.

JORDANA DIVON

CONTRIBUTED

▶ You're probably not going to look like this today, but in time you can learn how to fly like the Cirque du soleil acrobats, thanks to the brand new Jukari fitness class. Call 416-533-5464 to reserve your spot.

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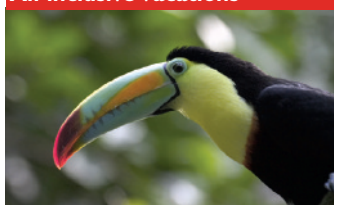


Costa Rica
7 Nights 4-Star
$567

Allegro Papagayo + taxes & fees $310
Departs Apr 4/nol/c6. **UPGRADE** to the 5-star Riu Guanacaste from $71 per night.

Puerto Vallarta 7 Nights 4-Star $388
Holiday Inn Puerto Vallarta + taxes & fees $343
Departs Apr 7/nol/ts.

Punta Cana 7 Nights 4-Star $477
Sirenis Tropical Suites Casino & Spa + taxes & fees $388
Departs Apr 6/nol/ts.

Jamaica 7 Nights 4-Star $487
Holiday Inn Sunspree + taxes & fees $340
Departs Apr 3/nol/ts. **UPGRADE** to the 5-star Riu Montego Bay from $67 per night.

St Lucia 7 Nights 4-Star $948
Smugglers Cove Resort and Spa + taxes & fees $305
Departs Apr 3/vat/c6.

Barbados 7 Nights 4-Star $1529
Almond Beach Village + taxes & fees $101
Departs Apr 5/wsv/ws.

Hawai'i

Hawaiian Islands Hopper
Air + 7 Nights
$1299

Miramar at Waikiki, Makena Beach Resort + taxes & fees $109
INCLUDES flight from Toronto to Oahu and return flight from Maui, 4 nights Honululu accom, 3 nights Maui accom and connecting interisland flight. Departs Apr 19/ggv/ua.
SPECIAL OFFER Book any package or cruise to Hawaii by March 31, 2011 and receive one week FREE‡ parking at Park n Fly.

Honolulu Air + 7 Nights $999
Park Shore Waikiki An Aqua Hotel + taxes & fees $153
Departs Apr 6/wsv/ws.

Hawaiian Islands 7-Night Cruise $1199
Pride of America + taxes & fees $151
CRUISE roundtrip Honolulu and visit Maui, Hilo, Kona & Kauai. Sails Oct 1/incl.

Maui Air + 7 Nights $1229
Maui Coast Hotel + taxes & fees $169
Departs Apr 6/wsv/ws.

Kona Air + 7 Nights $1359
Royal Kona Resort + taxes & fees $121
Departs Apr 9/acv/ac.

The HAWAIIAN ISLANDS

USA

Las Vegas Air + 3 Nights
$349

Circus Circus + taxes & fees $110
INCLUDES accom on the Las Vegas Strip.
BONUS Receive 2 tickets to a select Cirque du Soleil or Las Vegas show. Departs Apr 24/ggv/aa.

Miami Air + 4 Nights $489
Deauville Beach Resort + taxes & fees $109
INCLUDES accom in the heart of Miami Beach. Departs Apr 24/ggv/dl. **ADD** Everglades Airboat Adventure tour for $65.

Chicago Air + 3 Nights $529
Hilton Chicago + taxes & fees $123
INCLUDES central downtown accom. Departs May 13/ggv/dl.

Hollywood Air + 4 Nights $684
Beverly Garland's Holiday Inn + taxes & fees $124
INCLUDES accom in north Hollywood. Departs Apr 7/ggv/ac. **ADD** Hollywood Trolley tour for $22.

New York City Victoria Day Weekend Air + 3 Nights $829
Sheraton New York + taxes & fees $116
INCLUDES accom near Times Square over the Victoria Day weekend. Departs May 20/ggv/aa. **ADD** theatre tickets to *Billy Elliott, Mamma Mia, Memphis* or *Phantom* for $129.

Family Specials

Niagara Falls
Easter Weekend, 3 Nights
$85◊

Crowne Plaza Niagara Falls taxes & fees included
INCLUDES fallsview room accom with views of the American Falls. Price is per person based on a family of 4. Travel Apr 21/ggv.

Orlando Air + 7 Nights $159◊
Champions World Resort + taxes & fees $280
INCLUDES accom near theme parks. Price is per person based on a family of 4. **BONUS** transfers to theme parks included. Departs Apr 7/ggv/ts. **ADD** 5-day *Walt Disney World* Resort *Magic Your Way* Base Ticket for $256 per adult/$231 child.

Canada

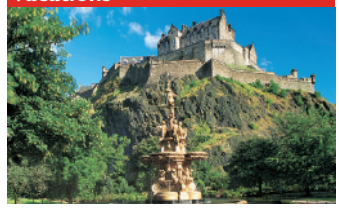
Vancouver
Air + 4 Nights
$549

Sandman Hotel City Centre + taxes & fees $306
INCLUDES downtown accom.
Departs Jun 16/ggv/wg. **ADD** Vancouver hop-on, hop-off Trolley pass for $39.

Montreal Easter Weekend Air + 3 Nights $317
Hotel Travelodge Montreal + taxes & fees $130
INCLUDES downtown accom over the Easter weekend. Departs Apr 22/ggv/ws. **ADD** Greater Montreal tour for $59.

Newfoundland Starter Package
Air + 2 Nights 4-Star $444
Delta St John's Hotel + taxes & fees $282
INCLUDES downtown accom with views of St John's Narrows. Departs June 22/ggv/wg.

Vacations



Scotland
Air + 6 Nights 5-Star
$1059

Malmaison + taxes & fees $515
INCLUDES air into Glasgow, 7-day car rental and 6 nights castle accom in Edinburgh. Departs May 10/ggv/ts/hh.

Amalfi Coast
Air + 7 Nights 4-Star + Car $1309
Crowne Plaza Stabiae Hotel + taxes & fees $431
INCLUDES air into Naples, Sorrento accom at a waterfront hotel with private beach and 8-day car rental. **BONUS** daily breakfast included. Departs May 11/ggv/ba.

Goa & London Air + 10 Nights $1369
Montana Kensington, Pearls Oceanique Resort + taxes & fees $658
INCLUDES 2 nights London accom and 8 nights 4-star beachfront resort-style accom in Goa. Departs Apr 15/vat/ggv/9w.

Algarve Air + 15 Nights 4-Star $1479
Pestana Levante, Thistle London Leathrow + taxes & fees $457
INCLUDES clifftop resort-style in Armacao de Pera. **BONUS** buffet breakfasts included. Departs May 3/ggv/hh/ba.

Australia Air + 8 Nights $1659
Sydney Travelodge, Ibis + taxes & fees $460
INCLUDES 4 nights Kings Cross accom in Sydney and 4 nights central Melbourne accom. Departs Apr 11/ggv/qf.

Argentina Air + 8 Nights 4-Star $1999
Panamericano, Panoramic Hotel Iguazu + taxes & fees $743
INCLUDES 6 nights Buenos Aires accom and 2 nights Iguazu Falls accom. Departs Apr 18/ggv/ua/ar.

Unique Vacations

Ireland
7-Day River Boat
USD **$545±**

Portumna - Carrick on Shannon route taxes & fees included
INCLUDES self-drive boat charter in the waterways of the Shannon River with bedding, bathroom, kitchenette and sundeck. Price based on group of 6. Damage waiver and one way fee are included in price. Travel June 4/leb.

Holland 7-Day River Boat USD $583
The Capital Cruise (Roundtrip) route taxes & fees included
INCLUDES self-drive boat charter in the rivers and canals of Holland with bedding, bathroom, kitchenette and sundeck. Price based on group of 4. Damage waiver and one way fee are included in price. Travel May 14/leb.

Cruise & Stay

Mediterranean
Air + 2 Nights + 6-Night Cruise $1299
Voyager of the Seas + taxes & fees $476
INCLUDES air to Barcelona, 2 nights central Barcelona accom, 6-night cruise sailing from Barcelona to Venice visiting Provence (Toulon), Livorno (Florence/Pisa), Rome (Civitavecchia) & Messina (Sicily), 2 nights central Venice accom and air to Toronto. Departs May 12/rci/ggv/af.

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TICO

The nation's mightiest musicians touch down in Toronto this weekend for the 40th annual Juno Awards ◆ Early winners include Arcade Fire and Justin Bieber

Canada shines at the Junos

Arcade Fire won a leading four trophies — including album of the year — while rock legend Neil Young claimed the prize for artist of the year and 17-year-old teen-pop titan Justin Bieber won the first two Juno Awards of his career at a 40th-anniversary bash last night that looked to the past, as well as the future.

But the news wasn't as good for 24-year-old rapper Drake, who hosted the hometown hullabaloo with energetic panache and entered the weekend with a leading six nominations, but wound up heading home empty-handed.

Arcade Fire — the fiercely independent Montreal rockers whose cerebral, orchestral rock has helped them gradually build a devoted following — stunned the music world six weeks ago by claiming the award for album of the year at the Grammys.

Unfortunately for millions of his tween devotees watching at home, Bieber — that platinum-selling, pint-sized pop crooner from Stratford — couldn't appear in person to collect his first two Juno trophies due to a scheduling demand overseas.

His fresh face — ratings gold for CTV, of course — still surfaced several times during the two-and-a-half hour broadcast, however, as he accepted his awards via video messages.

"I want to thank everybody so much for believing in me," said Bieber, captured onstage in an empty arena.

While Drake might have been disappointed by his award take, he put in a solid showing as a host — showcasing his comedic chops with an admirable performance as the straight man in entertaining skits with CTV news anchor Lloyd Robertson and Bieber.

"You, my friend, have the voice of a young rabbi," Drake told Bieber.

The evening's other trophy, new artist of the year, went to London, Ont., singer/songwriter Meaghan Smith — and if there was an award for the most gobsmacked winner, she would have taken that, too.

The 40th anniversary celebration of the Junos — which began Feb. 23, 1970, as an informal, non-televised dinner gala in Toronto and have evolved into a glitzy broadcast bonanza — promised to celebrate Canadian music's storied past as well as its future.

THE CANADIAN PRESS

CHRIS YOUNG/THE CANADIAN PRESS

▶ Singer Keshia Chante poses on the red carpet.

CHRIS YOUNG/THE CANADIAN PRESS

▶ Rap star Drake serves as host of the Juno Awards last night in Toronto.

Saturday's big wins

Here are some of the key winners at Saturday's Juno Awards gala dinner, where 32 of 40 awards were handed out prior to last night's television broadcast:

Adult Alternative Album of the Year: Neil Young, Le Noise
Alternative Album of the Year: Arcade Fire, The Suburbs
Rock Album of the Year: Matthew Good, Vancouver
Vocal Jazz Album of the Year: Kellylee Evans, Nina
Francophone Album of the Year: Karkwa, Les chemins de verre
Rap Recording of the Year: Shad, TSOL
Dance Recording of the Year: Deadmau5, Sofi Needs a Ladder

THE CANADIAN PRESS

Rocker makes rare appearance

Neil Young appeared at the Juno Awards for the first time in nearly three decades Saturday to accept the adult alternative album of the year prize at a dinner gala where the first batch of trophies was handed out.

The 65-year-old Toronto-born rock legend received a standing ovation from the assembled crowd at Toronto's Allstream Centre, where 32 of 40 awards were presented ahead of last night's televised Juno show.

Young — who six weeks ago won his first career Grammy for his music (he had previously won a packaging Grammy) — said backstage that he last appeared at the Junos for his induction into the hall of fame in 1982, and didn't intend to stay away for so long.

"There was really no reason why I didn't get on with it," said Young, clad all in black except for a vivid red scarf. "I'm not really an awards kind of guy that much. But it's great to get one. It's a great honour.

"I appreciate it. The older I get, the more appreciative I am."

Arcade Fire, Daniel Lanois, Matthew Good, Deadmau5 and country-pop crossover crooner Johnny Reid also nabbed trophies Saturday.

Arcade Fire took the award for alternative album of the year — the band's third Juno — for their third record, The Suburbs. The band stunned the music world last month at the Grammys when it managed to claim that show's top prize — album of the year.

THE CANADIAN PRESS

DARREN CALABRESE/THE CANADIAN PRESS

▶ Neil Young accepts a Juno for adult alterative album of the year Saturday night.

Box office

A wimpy kid has delivered a knockout punch to a band of warrior vixens at the weekend box office.

The family sequel, Diary Of A Wimpy Kid: Rodrick Rules, debuted as the No. 1 movie with $24.4 million, according to studio estimates yesterday. The girl-power action fantasy Sucker Punch opened at No. 2 with $19 million.

The previous weekend's top movie, the sci-fi thriller Limitless, slipped to third with $15.2 million, raising its total to $41.3 million.

Released by 20th Century Fox, Rodrick Rules did a bit more business than its predecessor, Diary Of A Wimpy Kid, which opened a year ago with $22.1 million. The Wimpy Kid movies are based on the children's books by Jeff Kinney about a timid youth trying to cope at school and home.

THE ASSOCIATED PRESS

For more coverage of the Juno Awards, scan this code or visit metronews.ca/scene

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Reese walks the aisle

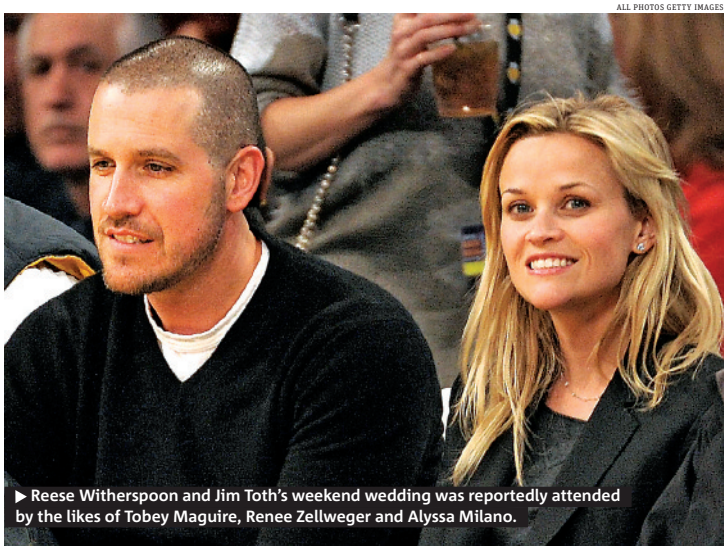
Actress weds agent Jim Toth in private ceremony

As predicted, Reese Witherspoon and fiancé Jim Toth tied the knot over the weekend at her Ojai, Calif., ranch, according to Us Weekly.

The small ceremony was reportedly performed in front of 120 guests, including Tobey Maguire, Renee Zellweger and Alyssa Milano, and Witherspoon's two children with ex-husband Ryan Phillippe were part of the ceremony.

The pair were engaged in December when Toth bought Witherspoon a $250,000 engagement ring. METRO

ALL PHOTOS GETTY IMAGES



▶ Reese Witherspoon and Jim Toth's weekend wedding was reportedly attended by the likes of Tobey Maguire, Renee Zellweger and Alyssa Milano.

Celebrity tweets

George Lopez [@georgelopez] I misjudged the joke. No malice was intended and I apologize to Kirstie.

Sarah Silverman [@SarahKSilverman] Your middle-aged pierced ear tells a different story than you think.

Frankie Muniz [@frankiemuniz] Went golfing... need more practice. PGA Tour here I come...

Kelly Osbourne [@MissKellyO] i hate my predictive texting so much ever time i pluck up the courage 2 send a flirty text it always comes out wrong & makes me look stupid METRO

Sheen not a sell-out?

Charlie Sheen's claims that his planned live shows across the U.S. sold out quickly might not be exactly true, as thousands of tickets are still available, according to Popeater.

"Tickets are available to all of his shows in every price range," a source says. "Everyone, including Charlie, got greedy asking over $575 for some tickets. They booked way too many dates at way too many venues, and then Charlie was all over TV giving it away for free."

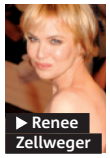
And sources close to Sheen say the poor sales could mean scrapping the tour all together. "His ego couldn't handle playing to a half-empty house," a source says. "He would rather dump the entire tour than admit he's losing." METRO

▶ Charlie Sheen

No breakup blues for Renee

Any chance of Renee Zellweger and Bradley Cooper reconciling seems to be fading, as Zellweger was seen moving her things out of Cooper's home last week, according to Hollyscoop. But she wasn't letting the task get her down.

"She seems to be handling the breakup well," a witness says. "She had a big smile on her face and a skip in her step." Cooper was reportedly not at home during the chore. METRO



▶ Renee Zellweger

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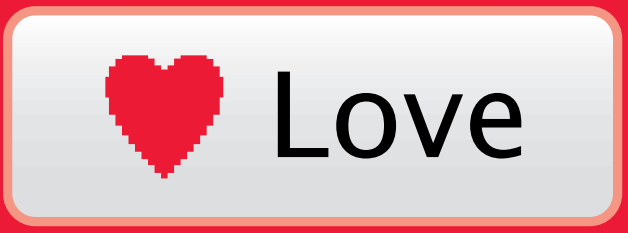

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Allergies

4%

• Four per cent of first-born children have allergies, as opposed to three and a half per cent of second-borns and 2.6 per cent of third-borns, according to the pediatrics department at Shiga Medical Center for Children in Kyoto University, Japan.

Researchers say the mothers develop more anti-bodies in the womb during each pregnancy.

METRO WORLD NEWS

Is Gandhi in hell? Pastor challenges familiar notions about Christian eternity.

▶ The video of Casey and Ritchard sparked memories for the writer of this piece.

Memoir of a bully

An online video of one teenager attacking another has sparked outrage
But it's not shocking if you remember what life was like as a teen

SAM D'AMATO
LIFE@METRONEWS.CA

"After smiling at me for weeks, she sent me a love note. I never replied. Instead... I bought a canister of SlimFast, the weight-loss powder... I gift-wrapped it."

The video is shot on a cell phone in an outdoor school hallway.

In it, a scrawny teenager approaches a fat kid, and punches him in the face. The fat kid doesn't move — he just stands there. Then he's punched again. "Wow," says the giggly teen who's filming. "This is getting sad, bro."

A second later, the fat kid dives after the little one, picks him up, body slams him onto the concrete — wham! — and walks away. The little kid tries to stand. He limps as if he has brain damage. He falls down. The teen who's filming laughs again — this time from fear.

Asked later, the "fat kid," Casey Heynes, an Australian 10th-grader, says he "snapped" and has been bullied all his life. (The 7th grader, Ritchard Gale, walked away with only a scratched knee.) Casey has had suicidal thoughts.

His father said he didn't realize things had been that bad.

Kids, full of hormones, are bound to fight. But perhaps if parents shared more about their own childhood experience, teens would understand their feelings better. I'll start.

As a young teenager, I was an extremely shy person of below-average height, with glasses, neither popular nor the school nerd (although being in the all boy's chorus didn't help my social status). I had anger over my parents' divorce, but otherwise was even-tempered, kind and dutiful in school. An A- student. A teacher's pet.

Someone in the all-girls' chorus liked me. Elise was nice but six inches taller, 50 pounds overweight and had bad skin. After smiling my way for weeks, she sent me a love note.

I never replied. Instead, with the urging of a buddy, I bought a canister of SlimFast, the weight-loss powder. I gift-wrapped it. And with the note "From Sam," I had it delivered via one of her girlfriends. Standing 30 feet away, in an outdoor school hallway, I watched as she opened it.

Her friends reacted first, gasping and looking for someone to kill. But her? She smiled my way. It was a weak smile. I looked down. I never apologized. We never spoke again.

I had punched Elise in the face. And although no one had a cell phone camera to capture it, I'll never forget her look. In that instant, I saw the "fat kid" for what she was: a person.

P.S. I got my comeuppance: Three years later, a school bully punched me in the face because I didn't love heavy metal music enough. He then ran away in shock when he saw my bloody nose. Don't you miss being a teen?

HUSBAND'S DAY OFF

THINKSTOCK.COM

▶ Let him relax? Or keep him on kid duty?

THREE MOMS ON ...

... LETTING DAD HANG OUT WITH HIS FRIENDS. DO THEY LET THEIR HUSBANDS GET AWAY? HOW OFTEN?

THE HIPPIE MOM
Lili Meier
Owner, with husband, of My Little Green Shop, which sells organic and sustainable baby products online
Has a son, Sebastian, 25 months, and a daughter, Savara, 9 months

Everyone needs to chill — especially parents! I'm totally supportive of hubby going out with his friends or pursuing an interest. The happier individuals are with themselves, the better parents they'll be. If people feel "stuck" at home, resentment can develop. Once a week or every two weeks is cool.

THE HIGH-POWERED WORKING MOM
Avis Jones-DeWeever
Executive Director, National Council of Negro Women
Mother of two boys, Aidan, 7, and Guy, 14

As someone who is now happily divorced, I will admit that my ex-husband's frequent and late night socializing presented a serious detriment to our marriage. I'm not one of those who believes that marriage marks the end to individuality. But finding "fun" time for friends and not for one's spouse is a recipe for disaster.

THE STAY-AT-HOME MOM
Samantha Mellen
Two boys: Lucas, 2, and Joshua, 4 months

My husband is busy with work, school and family. But personal time for him is very important. Occasionally, after the kids are in bed, my husband likes to get a beer with his buddies. I actually wish he could get out more with his friends, but there never seems to be enough hours in the day!

Eggplant, zucchini & plum tomatoes — oh my!

This Mixed Vegetable Fusilli allows for many ingredient variations

DINNER EXPRESS

EMILY RICHARDS
FOOD@METRONEWS.CA

This simple Mixed Vegetable Fusilli dish was my primo piatto, or first course, while in Sorrento, Italy (a beautiful town where you can look across the bay and see the island of Capri).

Small portions are perfect for a first course but the dish has enough vegetables to satisfy your family as an entrée.

ISTOCK

▶ This recipe makes four servings.

Ingredients:

- 1 small eggplant
- 2 small zucchini
- 2 tbsp (25 mL) extra virgin olive oil
- 1 cup (250 mL) vegetable stock
- 4 plum tomatoes, chopped
- 2 cloves garlic, minced
- 1/4 tsp (1 mL) each salt and freshly ground black pepper
- 1 box (375 g) whole wheat fusilli pasta
- 1/4 cup (50 mL) grated Parmigiano-Reggiano cheese

Preparation:

1. Slice the eggplant into thin slices; stack and cut into matchstick size pieces. Cut the zucchini into matchstick-size pieces.
2. In a large non-stick skillet, heat oil over medium-high heat. Add the eggplant and cook, stirring, for about 6 minutes or until it begins to turn golden. Add the stock and bring to a boil. Add the zucchini, tomatoes and garlic; cook, stirring, for about 10 minutes or until the zucchini and eggplant are tender but firm and sauce is slightly thickened. Add the salt and pepper.
3. Meanwhile, in a large pot of boiling salted water, cook the fusilli for about 10 minutes or until tender but firm. Drain it and return to the pot. Add the sauce and cheese; toss everything to coat.

Variation: Try using carrots, broccoli, cherry tomatoes or any of your other favourite vegetables to make up your own vegetable creation.

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE ON EMILY, VISIT EMILYRICHARDSCOOK.CA

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Polenta with Sausage & Rapini

▶ Cornmeal can be used in a variety of dishes.

If you look through your cupboard, you're sure to find some pantry staples for easy meals.

Cornmeal is one of those great items to keep on hand to use for comforting meals — either in breads, desserts or, like in this recipe, as a base for a tasty sauce.

Polenta is the Italian name given to cornmeal when it is cooked as a soft, almost porridge-like, dish.

The cornmeal is cooked to become smooth and thick then topped with garlic, rapini and sausage, which makes it an easy dinner for any evening.

As comforting as mashed potatoes, polenta fills you with warmth and nutrition.

Preparation:

1. In a non-stick skillet bring water to boil. Add rapini, cover and steam for 7 minutes, stirring occasionally or until tender. Drain well and set aside.
2. Return skillet to medium heat and add oil. Cook sausage, breaking up with spoon for about 6 minutes or until no longer pink inside. Add rapini, garlic, hot pepper flakes and salt. Cook for 5 minutes or until beginning to turn golden.
3. **Polenta**: In large saucepan, bring stock to boil and gradually whisk in cornmeal. Bring to a gentle simmer, stirring frequently for about 12 minutes or until polenta mounds on spoon. Stir in water to loosen slightly and stir in cheese and parsley until cheese is melted.
4. Spoon polenta into shallow soup bowls and top with rapini and sausage mixture.

EMILY RICHARDS

Ingredients:

- 1 bunch rapini, trimmed and coarsely chopped
- 1 cup (250 mL) water
- 2 tbsp (25 mL) extra virgin olive oil
- 2 Italian sausages, casings removed
- 4 cloves garlic, minced
- 1/4 tsp (1 mL) hot pepper flakes
- 1/4 tsp (1 mL) salt

Polenta

- 4 cups (1 L) low sodium chicken stock
- 1 cup (250 mL) cornmeal
- 1/2 cup (125 mL) water
- 1/3 cup (75 mL) freshly grated Parmesan cheese
- 2 tbsp (25 mL) chopped fresh Italian parsley

Baking bread behind bars

Inmates at U.S. jail make bread for N.Y.C. lockups, complete with blade count

BEBETO MATTHEWS/ THE ASSOCIATED PRESS

▶ Niko Alexis loads fresh bread into an oven at the Rikers Island jail bakery.

Each morning, and again in the afternoon, the blades of three bread-slicing machines are counted. Only then does the bakery let workers go — to their jail cells on Rikers Island.

Twenty inmates of one of the largest jails in the U.S. are part of a team that bakes 36,000 loaves of bread a week to feed the city's entire population behind bars — about 13,000 people. Employees earn $31 a week churning out whole wheat bread.

The prison bakers say they are learning skills that may keep them employed once they get out

"I'm learning teamwork," says prisoner Nikos Alexis, 24. He's serving a four-month sentence for possession of a forged instrument, according to correction records.

It's a privilege to get this work assignment; only inmates already sentenced to one year or less in jail are considered.

The bakery's products are not for sale, even though prisoners agree they're tasty enough to succeed outside the island.

"I would definitely give it a thumbs up and say it's better than the bread I buy at the store," says inmate Taiwan Taylor, who's serving an eight-month sentence for criminal trespass.

Taylor loves to bite into a slice on his break. "It's delicious when it it's warm," he says.

Starting at 6 a.m., the day's baking is done at 1 p.m. Then come the cleanup and maintenance of equipment, most of it dating to the 1960s.

"It's old, and any minute, something could go wrong," says chief mechanic Andrew Sonni, a civilian who keeps repair logs in his office.

Tacked to a wall next to a pinup girl is a booklet with a two-word reminder scribbled on it in bold letters: "COUNT BLADES."

Keeping track of the blades in the slicing machines is a security measure to keep inmates from spiriting away any object "that might be turned into a weapon," says Stephen Morello, a Department of Correction spokesman.

But the incarcerated bakers appear more interested in good behaviour that could get them sprung early than in harming each other.

In April, Alexis expects to cross the bridge linking the island jail with Queens — and freedom.

"I want to just get back on my feet and do things the right way," he says, "and bake bread for my mother." THE ASSOCIATED PRESS

Trash into treasures

▶ Waste finds a new home.

ELPIS.COM

As Earth's resources become scarcer, people turning towards upcycling
It's turning old junk into something more valuable and imaginative

An elegant aquarium made from an old computer monitor. Handbags made from old tires and soda cans. Forget recycling, "upcycling" — turning trash into more valuable treasures — is the hot new trend.

Mike Haines, who works for the British environmental group ClientEarth, has reinvented garbage for years.

"Recycling is good, but it uses a lot of energy," he explains. "Using something in the form it already exists in is much better for the environment."

Haines dyes and restyles old T-shirts, and has a box full of items waiting for a new life.

Now Haines is trendy.

"A lot of people upcycle without knowing it," says Debjit Chaudhuri, founder of the green networking website Elpis.com. "Using old boxes as CD racks is very common. But now people are really discovering upcycling and getting creative about it."

When Elpis, a Germany-based website, announced an upcycling competition earlier this year and contributions arrived from around the world. Among the highlights pictured above: a lightbulb turned into a charming oil lamp, a lounge chair made from old skis, and an old rowboat turned into a gigantic flowerpot.

"On our discussion boards, people discuss how to commercialize their upcycled products, too," Chaudhuri says. "A few years ago, upcycling as a business idea would simply have been dismissed. But now resources are becoming scarce, and people are paying attention."

That's why there are already companies like Worn Again, which sells designer goods made from old clothes. CÉLIA PEDROSO

Queen of Green

LINDSAY COULTER
GREEN@METRONEWS.CA

THE HEAVY PRICE OF BUYING MILK

What is better to buy: milk in waxed cartons or plastic jugs? *Kevin of Calgary*

Possibly none of the above. Walk the dairy aisle of your grocery store and you'll see milk packaged in waxed cartons, plastic jugs and glass bottles. To help you choose the most environmentally friendly option, we delve into the packaging. And wouldn't you know that for Albertans, milk packaging makes up one of the largest beverage-container waste streams in the province?

Glass bottles are the best option because they can be sterilized easily and reused. Their high deposit fee — about a dollar — also increases the likelihood that they will make it back to the store. Put simply, reuse comes before recycle, making glass the top choice. Torn between plastic and paper? Consider this: if you go through a lot of milk, choose one four-litre plastic jug to buying two two-litre paper cartons — reduce is the first "r" after all. And be sure to keep both plastic and paper milk containers out of the landfill. Always recycle.

David Suzuki Foundation

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CANCER IS A BATTLE THAT CAN BE WON IF WE DON'T GIVE UP

Turning Point

TERESA KRUZE
LIFE@METRONEWS.CA

The doctor walked into her room and stared at the floor. "You have three months to live and we doubt you'll see the New Year."

Sherry Abbott was only 30 years old and in the days that followed her shock gave way to a steely resolve as she told the doctors, "How dare you give up on me when I haven't given up on myself?"

Abbott endured six months of chemo, radiation and numerous surgeries and defied the doctor's grim prognosis. Now, 21 years later, she continues to inspire and empower other people who have been told they have cancer.

"I feel like I have been given my calling," Abbott says from behind the desk of her office at Look Good Feel Better, a program designed to support and help women during the tough days of cancer recovery.

We face so many turning points in our lives and career but never doubt the resilience of the human spirit.

April is Cancer Awareness Month. Support cancer research and force a turning point for a cure and prevention for the disease that will claim the lives of one in four Canadians.

Sherry Abbott, the Executive Director of the Canadian Cosmetic, Toiletry and Fragrance Association, and a 21-year cancer survivor, is living proof that cancer can be beaten.

What can you do?

- Join the "I Fight Cancer" movement at fightback.ca.
- Check out online support at facingcancer.ca.
- Take part in daffodil month activities in your community.
- Wear the new daffodil pin to show support for those living with cancer.

▶ Sherry Abbott is the Executive Director of the Canadian Cosmetic, Toiletry and Fragrance Association, and a 21-year cancer survivor. April is Cancer Awareness Month.

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Office betting pools on the rise: Survey

MONICA WEYMOUTH
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METRO WORLD NEWS

It probably won't surprise many cubicle-dwellers this time of year, but the number of employees who report betting in the workplace is on the rise. According to a survey by Vault.com in the United States, 71.5 per cent of those surveyed took part in office betting pools, while 82 per cent reported that their co-workers participated.

It's a substantial increase from 2008, when only 58 per cent admitted to betting. And while 47 per cent of workers didn't know their companies' policies, employers probably shouldn't scramble to amend them. "If it's done in moderation, it can be seen as something that is fun and harmless to the overall office," says Jason Levin, Vault.com's resident career expert. "The cost of this fun is not expensive, and 40 per cent won under $200."

Even though the prize may be modest, Levin points out that it can go a long way if you're a boss. "This is a really great team-building opportunity," he says. "If you're a manager and use the money to take your team out to lunch, it's a great opportunity to show how you care about your team."

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Yes, cover letters still do matter

While it's true that employers likely won't read your entire cover letter, the document still does hold value

DREW HINSHAW
LIFE@METRONEWS.CA
METRO WORLD NEWS

ISTOCK PHOTO

▶ If you think a résumé cover letter is as old-school as a typewriter, think again.

It might be the most important letter — that no one reads — that you ever write.

In the smartphone century, when job applications are often combed by automated software, and nobody has the time to read anything longer than a preposition, the question of how to compose the perfect cover letter feels like a zen riddle: Why not just nail it to a tree crashing in an empty woods?

Yet the one-page document's value endures, career counsellors insist.

"There is still a role for the cover letter, but it is increasingly shorter and shorter," President Louise Fletcher of Blue Sky Resume says.

"Two, maybe three paragraphs is the norm."

Don't expect the audience to make it to paragraph number two.

"Lots of people don't," Fletcher adds. "They look at the cover letter's first sentence to see what job you're applying for, then go right for the résumé."

Spend Time On It

That said, you'd be foolhardy to drum up a unproofed cover letter, or worse, send out the same generic script for whatever position you put in for.

"Always custom tailor it," Internet job hunting expert Margaret Riley Dikel says, even if you're completely sure it will languish at the unread bottom of an inbox.

"Some people will look closely at the letter and if it isn't personalized and didn't specifically address the details of the job, they'll ignore the résumé," she continues.

"Write the best introduction so that people who skip it will be fine, but people who read it will get your full story."

Put Their Words in Your Letter

Don't be afraid to re-write the ad, Dikel urges.

"They actually want to see the same words they used in the post," she explains. "This is the first cut for human resources. Do your qualifications match those of the position?"

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4 sports

Quoted

"A lot of people really didn't think we'd be the team we are. We really pulled it together as a team, and we're back now."

SENIOR CENTRE JOSH HARRELLSON YESTERDAY AFTER HIS FOURTH-SEEDED KENTUCKY WILDCATS KNOCKED OFF SECOND-SEEDED NORTH CAROLINA TARHEELS TO ADVANCE TO THE NCAA FINAL FOUR.

A glimpse of the future?

Jays manager John Farrell impressed by organization's prospects

LEON HALIP/GETTY IMAGES

▶ Eric Thames made a good impression on Jays manger John Farrell.

John Farrell was impressed by the young talent on the Toronto Blue Jays when he took the job as manager. With his first spring training winding down, he likes that young talent even more.

"I think there's been the realization that there's a greater quantity of quality prospects than first thought," Farrell said yesterday.

Two of the prospects that fall in that group are outfielder Eric Thames and first baseman David Cooper, who were sent to the minor league camp yesterday after taking advantage of extended playing time at the major league camp.

"Both made very positive impressions," said Farrell. "They were here in camp this long because they earned the right to stay here. And they earned the ability to get regular at-bats. I think Eric Thames led the club in spring training at-bats and deservedly so."

In 57 at-bats this spring, Thames was hitting .228 with two home runs and 11 RBIs. He appreciated the experience.

"It means a lot," said Thames. "The coaches want to see what I can do out here so I got a lot of starts. Hopefully, it's a sign for the future in the next few months, fingers crossed."

Thames introduced yoga into his workout program before last season and the improved flexibility helped him avoid the injuries that knocked him down to the seventh round of the 2008 draft and hampered him in his first professional season in 2009.

Davis on fire

Rajai Davis went 5-for-5 and scored three times, and Yunel Escobar hit a two-run double in a four-run seventh inning that carried the Blue Jays to a 9-5 victory yesterday over the Baltimore Orioles.

In 2010, he batted .288 with 27 homers and 104 RBIs at double-A New Hampshire. He'll start this season at triple-A Las Vegas.

Cooper, a first-round draft pick in 2008, batted .333 with two homers and 10 RBIs in 42 spring training at-bats. He also turned heads.

"A very classic left-handed swing," said Farrell. "He's put up some very good at-bats against left-handers. I think he's felt more comfortable as camp went on. I think his confidence is growing."

THE CANADIAN PRESS

Crosby back on ice, but return date still not set

Sidney Crosby skated again yesterday with a handful of teammates.

The Pittsburgh Penguins captain spent about 45 minutes on the ice at Consol Energy Center, according to the team's website. Crosby is still working his way back from a concussion and hasn't been cleared to participate in full practices yet.

"That conversation has not been broached and I don't have expectations for it right now," Penguins coach Dan Bylsma told reporters before a 2-1 shootout win over Florida.

THE CANADIAN PRESS

Underdog VCU is in Final Four

Move over, Butler. Virginia Commonwealth is crashing the Final Four.

The 11th-seeded Rams are heading to Houston, and final No. 1 seed Kansas is heading home after a spectacular collapse.

Jamie Skeen scored 26 points as the Rams delivered the biggest upset of the NCAA tournament, shocking the Jayhawks 71-61 yesterday to become just the third 11th seed to ever make the Final Four.

The Rams needed five wins to go from First Four to Final Four.

THE ASSOCIATED PRESS

April 2011
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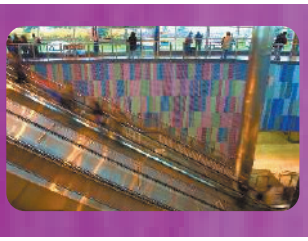

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dx-Philadelphia	74	45	19	4	6	237	198	100	21-10-2-4	24-9-2-2	5-1-1-3	W1
dx-Washington	76	44	22	5	5	205	182	98	22-8-2-5	22-14-3-0	8-2-0-0	W1
d-Boston	74	41	23	5	5	224	177	92	18-13-3-2	23-10-2-3	3-4-3-0	L1
x-Pittsburgh	76	45	23	5	3	218	183	98	24-13-2-0	21-10-3-3	8-2-0-0	W4
Tampa Bay	75	40	24	5	6	223	228	91	22-11-1-4	18-13-4-2	3-3-2-2	W1
NY Rangers	76	41	30	2	3	218	181	87	18-16-1-3	23-14-1-0	8-1-0-1	W1
Montreal	76	40	29	4	3	200	196	87	22-11-3-3	18-18-1-0	4-6-0-0	L3
Buffalo	75	38	28	8	1	222	210	85	18-16-3-1	20-12-5-0	6-3-1-0	W3
Carolina	75	35	30	5	5	211	224	80	20-13-2-2	15-17-3-3	4-5-1-0	L1
Toronto	76	34	32	5	5	201	232	78	17-14-3-4	17-18-2-1	5-4-1-0	L1
Atlanta	75	32	31	5	7	210	246	76	17-15-2-5	15-16-3-2	6-3-1-0	W1
New Jersey	75	34	36	3	2	155	189	73	18-15-2-1	16-21-0-2	4-5-0-1	L3
NY Islanders	76	29	35	7	5	210	241	70	16-17-1-4	13-18-6-1	4-3-2-1	L2
Florida	76	29	36	5	6	185	209	69	15-15-4-4	14-21-2-1	3-5-0-2	L5
Ottawa	76	29	37	5	5	175	233	68	14-19-2-3	15-18-3-2	6-3-0-1	L1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
y-Vancouver	76	50	17	4	5	247	175	109	25-8-1-4	25-9-3-1	9-1-0-0	W3
d-Detroit	75	44	22	5	4	242	213	97	20-12-3-2	24-10-2-2	5-3-1-1	W1
d-San Jose	76	44	23	4	5	224	199	97	21-11-2-3	23-12-2-2	6-1-0-3	W1
Phoenix	77	41	25	7	4	219	212	93	19-13-4-2	22-12-3-2	7-2-1-0	L1
Los Angeles	75	43	26	4	2	207	181	92	23-12-3-0	20-14-1-2	7-1-2-0	W3
Nashville	76	41	25	6	4	202	179	92	22-8-4-3	19-17-2-1	8-1-1-0	W6
Anaheim	75	42	28	3	2	214	217	89	23-12-1-1	19-16-2-1	7-3-0-0	W1
Chicago	74	40	26	3	5	239	204	88	23-15-0-0	17-11-4-4	5-3-1-1	L1
Calgary	77	38	28	4	7	235	226	87	22-12-1-3	16-16-3-4	4-4-1-1	W1
Dallas	74	38	26	4	6	208	210	86	20-11-3-5	18-15-1-1	4-3-2-1	L3
Minnesota	75	35	32	3	5	188	213	78	17-16-2-3	18-16-1-2	1-7-2-0	L8
St. Louis	75	34	32	4	5	212	219	77	21-12-1-3	13-20-3-2	6-4-0-0	W2
Columbus	75	33	31	4	7	200	230	77	16-17-1-3	17-14-3-4	2-5-1-2	L4
Colorado	74	28	38	7	1	207	262	64	15-18-4-0	13-20-3-1	2-8-0-0	L2
Edmonton	75	23	41	2	9	180	249	57	12-20-1-5	11-21-2-3	1-6-1-2	L9

x — clinched playoff berth; y — clinched division title; d — division leaders; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL or SOL columns.

Yesterday's results
Vancouver 4 Columbus 1
Atlanta 5 Ottawa 4 (SO)
Pittsburgh 2 Florida 1 (SO)
Boston at Philadelphia
Saturday's results
Calgary 5 Edmonton 4 (SO)
Detroit 4 Toronto 2
Washington 2 Montreal 0
Anaheim 2 Chicago 1
Buffalo 2 New Jersey 0
Los Angeles 4 Colorado 1
Nashville 4 Dallas 2
N.Y. Rangers 1 Boston 0
Philadelphia 4 N.Y. Islanders 1
San Jose 4 Phoenix 1
St. Louis 6 Minnesota 3
Tampa Bay 4 Carolina 2

Tonight's games
Chicago at Detroit, 7:30 p.m.
Colorado at Anaheim, 10 p.m.
Tomorrow's games
Chicago at Boston, 7 p.m.
Buffalo at Toronto, 7 p.m.
Philadelphia at Pittsburgh, 7 p.m.
Carolina at Washington, 7 p.m.
Florida at Columbus, 7 p.m.
Atlanta at Montreal, 7:30 p.m.
Ottawa at Tampa Bay, 7:30 p.m.
Minnesota at St. Louis, 8 p.m.
Vancouver at Nashville, 8 p.m.
Los Angeles at Edmonton, 9 p.m.
Dallas at Phoenix, 10 p.m.
Wednesday's games
N.Y. Rangers at Buffalo, 7 p.m.
N.Y. Islanders at New Jersey, 7 p.m.
Montreal at Carolina, 7 p.m.
St. Louis at Detroit, 7 p.m.
Anaheim at Calgary, 9:30 p.m.

THRASHERS 5, SENATORS 4 (SO)

First Period
1. Atlanta, Wheeler 16 (Bogosian, Ladd) 4:02
2. Ottawa, Svatos 3, 5:51
Penalties — Z.Smith Ott, Thorburn Atl (fighting) 8:30, Michalek Ott (holding) 10:32, Wiercioch Ott (holding) 16:24, Lee Ott (high-sticking) 19:12, Boulton Atl (roughing) 19:56.
Second Period
3. Atlanta, Little 17 (Wheeler) 10:15
4. Atlanta, Maxwell 1 (Byfuglien, Hainsey) 10:34
5. Ottawa, Neil 6 (Winchester, Wiercioch) 13:37
Penalties — None.
Third Period
6. Atlanta, Stuart 2 (Antropov, Maxwell) 2:08
7. Ottawa, Condra 6 (Spezza, Lee) 7:12
8. Ottawa, Svatos 4 (Kuba, Karlsson) 14:52
Penalty — Wiercioch Ott (hooking) 5:08.
Overtime
No Scoring.
Penalties — None.
Shootout
Atlanta wins 1-0
Ottawa (0) — Karlsson, miss; Spezza, miss; Svatos, miss; Shannon, miss. **Atlanta (1)** — Schremp, miss; Little, miss; Wheeler, miss; Ladd, goal.

Shots

Ottawa	7	11	8	2—28
Atlanta	10	22	13	2—47

Goal — Ottawa: Anderson (L,21-19-4); Atlanta: Mason (W,12-11-3). **Power plays (goals-chances)** — Ottawa: 0-1; Atlanta: 0-4.
Referees — Chris Rooney, Gord Dwyer. **Linesmen** — Brad Kovachik, Jean Morin.
Attendance — 16,392 (18,545).

CANUCKS 4, BLUE JACKETS 1

First Period
1. Vancouver, Ehrhoff 12 (Higgins, Raymond) 7:52
Penalties — Torres Vcr (high-sticking) 2:02, MacKenzie Clb (roughing) 12:59, Higgins Vcr (tripping) 19:08.
Second Period
No Scoring.
Penalty — Hansen Vcr (elbowing) 14:14.
Third Period
2. Vancouver, H.Sedin 19 (D.Sedin, Kesler) 3:36 (pp)
3. Vancouver, Higgins 12 (Kesler, Raymond) 9:03
4. Columbus, Umberger 24 (Vermette) 11:07
5. Vancouver, Higgins 13, 17:36 (pp)
Penalties — Lepisto Clb (tripping) 3:22, Kesler Vcr (goaltender interference) 4:29, Burrows Vcr (hooking) 5:24, Voracek Clb (goaltender interference) 13:35, Vermette Clb (interference) 16:06.

Shots

Vancouver	7	5	12	24
Columbus	13	12	15	40

Goal — Vancouver: C.Schneider (W,15-3-2); Columbus: Garon (L,10-12-5). **Power plays (goals-chances)** — Vancouver: 2-4; Columbus: 0-5.
Referees — Dean Morton, Kevin Pollock.
Linesmen — Vaughan Rody, Greg Devorski.
Attendance — 14,469 (18,144).

SATURDAY

RED WINGS 4, MAPLE LEAFS 2

First Period
1. Detroit, Zetterberg 22 (Lidstrom, Hudler) 5:05 (pp)
2. Toronto, Kadri 2 (Crabb) 17:56
Penalties — Crabb Tor (hooking) 4:24, Stuart Det (tripping) 15:23.
Second Period
3. Detroit, Holmstrom 15 (Kronwall, Rafalski) 9:17 (pp)
Penalties — Kindl Det (holding) 3:48, Lupul Tor (hooking) 8:45, Boyce Tor, Abdelkader Det (fighting) 15:56, Helm Det (tripping) 17:03, Hudler Det (high-sticking) 19:53.
Third Period
4. Toronto, Lupul 11 (Kessel, Phaneuf) 6:11
5. Detroit, Hudler 10 (Zetterberg) 6:49
6. Detroit, Bertuzzi 15 (Kronwall) 19:08 (en)
Penalties — None.

Shots

Toronto	9	5	10	24
Detroit	15	4	10	29

Goal (shots-saves) — Toronto: Reimer (L,17-8-4); Detroit: Howard (17-15), MacDonald (W,5-4-2)(6:11 third)(7-7). **Power plays (goals-chances)** — Toronto: 0-4; Detroit: 2-2.
Referees — Bill McCreary, Marcus Vinnerborg.
Linesmen — Thor Nelson, Vaughan Rody.
Attendance — 20,066 (20,066).

CAPITALS 2, CANADIENS 0

First Period
1. Washington, Sturm 5 (Backstrom, Alzner) 1:24
Penalties — Subban Mtl (holding) 5:02, Kostitsyn Mtl (holding) 7:36, Eller Mtl (high-sticking) 15:23.
Second Period
No Scoring.
Penalties — Pouliot Mtl (tripping) 4:05, Hendricks Wash (holding) 17:21.
Third Period
2. Washington, Semin 26 (Backstrom, Sturm) 16:19
Penalties — Semin Wash (holding) 6:40, Johansson Wash (delay of game) 16:49.

Shots

Washington	12	14	7	33
Montreal	3	8	7	18

Goal — Washington: Holtby (W,10-2-2); Montreal: Price (L,34-27-6). **Power plays (goals-chances)** — Washington: 0-4. Montreal: 0-3.
Referees — Dan O'Rourke, Kelly Sutherland.
Linesmen — Steve Miller, Derek Nansen.
Attendance — 21,273.

FLAMES 5, OILERS 4 (SO)

First Period
1. Edmonton, Paajarvi 12 (Cogliano, Omark) 15:24
Penalty — MacIntyre Edm (roughing) 9:01.
Second Period
2. Calgary, Iginla 35 (Giordano, Kostopoulos) 8:22 (pp)
3. Edmonton, Hartikainen 1 (Eberle, Peckham) 9:21
4. Edmonton, Fraser 3, 19:34 (sh)
Penalties MacIntyre Edm (interference) 7:22, Petry Edm (closing hand on puck) 18:06.
Third Period
5. Edmonton, Jones 17 (O'Marra, Reddox) 3:31
6. Calgary, Iginla 26 (Giordano, Backlund) 5:50 (pp)
7. Calgary, Glencross 23 (Iginla, Giordano) 12:09
8. Calgary, Staios 3 (Bourque, Jokinen) 18:05
Penalty — Hartikainen Edm (interference) 5:15.
Overtime
No Scoring.
Penalties — Regehr Cal (high-sticking) 4:17, Giordano Cal (tripping) 4:58.
Shootout
Calgary wins 1-0
Calgary (1) — Tanguay, goal; Bourque, miss. **Edmonton (0)** — Eberle, miss; Jones, miss; Hartikainen, miss.

Shots

Calgary	6	11	13	1—31
Edmonton	10	7	4	0—21

Goal — Calgary: Kiprusoff (W,34-23-6); Edmonton: Dubnyk (L,10-12-8). **Power plays (goals-chances)** — Calgary: 2-4; Edmonton: 0-2.
Referees — Brian Pochmara, Dennis LaRue.
Linesmen — Mike Cvik, Mark Wheler.
Attendance — 16,839 (16,839).

MLB

SPRING TRAINING

Yesterday's results
Florida 6 Washington 4
Detroit 8 Houston 4
Toronto 9 Baltimore (ss) 5
Baltimore (ss) 4 Boston 3
Philadelphia 6 Atlanta 1
St. Louis 3 N.Y. Mets 1
Minnesota 7 N.Y. Yankees 6
Pittsburgh 5 Tampa Bay 4
Chicago White Sox 2 Milwaukee 1
Colorado (ss) 6 Chicago Cubs 4
Texas 5 Seattle 4 (10 ings)
Cincinnati 9 Arizona 6
Kansas City 7 San Francisco 4
Colorado (ss) 5 Oakland 2
Cleveland vs. L.A. Dodgers
San Diego at L.A. Angels
Saturday's results
Washington 10 Houston 0
Florida 6 St. Louis 5
Baltimore 7 Tampa Bay 2
Detroit 3 Philadelphia (ss) 1
N.Y. Yankees 4 Pittsburgh 2
Toronto 7 Philadelphia (ss) 6
N.Y. Mets 8 Atlanta 2
Chicago Cubs 6 Texas 5
L.A. Angels 6 Chicago White Sox 3
L.A. Dodgers 5 San Diego 4
Milwaukee 2 Seattle 1 (10 ings)
Kansas City 9 Arizona 6
San Francisco (ss) 9 Cincinnati 6
Minnesota 9 Boston 8
Colorado 4 Oakland 1
San Francisco (ss) 8 Cleveland 5

CRICKET

WORLD CUP

QUARTER-FINALS

Saturday's result
At Colombo, Sri Lanka
Sri Lanka (231 for no loss) def. England (229-6) by 10 wickets.
Friday's result
At Dhaka, Bangladesh
New Zealand (221-8) def. South Africa (172) by 49 runs.
Thursday's result
At Ahmadabad, India
India (261-5) def. Australia (260-6) by 5 wickets.
Wednesday's result
At Dhaka, Bangladesh
Pakistan (113, without loss) def. West Indies (112, all out) by 10 wickets.

SEMIFINALS

Tomorrow's match
At Colombo, Sri Lanka
New Zealand vs. Sri Lanka
Wednesday's match
At Mohali, India
Pakistan vs. India

BASKETBALL

NCAA TOURNAMENT

REGIONAL CHAMPIONSHIP

EAST REGIONAL
Yesterday's result
Kentucky 76 North Carolina 69
SOUTHEAST REGIONAL
Saturday's result
Butler 74 Florida 71 (OT)
SOUTHWEST REGIONAL
Yesterday's result
Virginia Commonwealth 71 Kansas 61
WEST REGIONAL
Saturday's result
Connecticut 65 Arizona 63

FINAL FOUR

At Houston
NATIONAL SEMIFINALS
Saturday, April 2
Kentucky (29-8) vs. Connecticut (30-9)
Butler (27-9) vs. Virginia Commonwealth (28-11)
NATIONAL CHAMPIONSHIP
Monday, April 4
Semifinal winners

TENNIS

SONY ERICSSON OPEN

At Key Biscayne, Fla.
MEN
Singles — Third Round
David Ferrer (6), Spain, def. Somdev Devvarman, India, 6-4, 6-2.
Mardy Fish (14), U.S., def. Richard Gasquet (17), France, 6-4, 6-3.
Marcel Granollers, Spain, def. Michael Llodra (23), France, 7-5, 3-6, 7-5.
John Isner (30), U.S., def. Alex Bogomolov, Jr., U.S., 6-2, 7-6 (4).
Kevin Anderson, South Africa, def. Pablo Andujar, Spain, 6-2, 6-3.
WOMEN
Singles — Third Round
Kim Clijsters (2), Belgium, def. Maria Jose Martinez Sanchez (27), Spain, 6-4, 4-6, 6-3.
Francesca Schiavone (5), Italy, def. Lourdes Dominguez Lino, Spain, 6-4, 7-6 (2).
Agnieszka Radwanska (9), Poland, def. Maria Kirilenko (24), Russia, 7-6 (2), 6-3.
Marion Bartoli (15), France, def. Ekaterina Makarova, Russia, 6-0, 6-2.
Ana Ivanovic (19), Serbia, def. Virginie Razzano, France, 2-6, 6-2, 3-0, (retired).

GOLF

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Par 72
Final Round

Martin Laird, $1,080,000	70-65-70-75—280
Steve Marino, $648,000	71-67-71-72—281
Justin Rose, $312,000	72-72-70-68—282
Marc Leishman, $312,000	73-72-66-71—282
David Toms, $312,000	74-67-69-72—282
K.J. Choi, $208,500	72-64-76-71—283
Spencer Levin, $208,500	66-70-71-76—283
Sergio Garcia, $186,000	73-68-73-70—284
Mark Wilson, $162,000	74-72-70-69—285
Fredrik Jacobson, $162,000	71-71-73-70—285
Jim Furyk, $162,000	74-69-71-71—285
Edoardo Molinari, $94,800	72-75-72-67—286
Aaron Baddeley, $94,800	76-69-72-69—286
Ian Poulter, $94,800	71-71-73-71—286
D.J. Trahan, $94,800	72-71-72-71—286
Stewart Cink, $94,800	76-71-68-71—286
Rod Pampling, $94,800	73-72-70-71—286
J.J. Henry, $94,800	75-70-69-72—286
Heath Slocum, $94,800	75-70-68-73—286
Brian Davis, $94,800	70-72-71-73—286
Kyle Stanley, $94,800	74-73-66-73—286
Ryan Moore, $94,800	74-67-71-74—286
Trevor Immelman, $94,800	72-71-68-75—286
Also	
Stephen Ames, $12,360	**75-69-76-75—295**

CURLING

WORLD WOMEN'S CHAMPIONSHIP

At Esbjerg, Denmark
Yesterday's results
Gold Medal
Sweden 7 **Canada 5**
Bronze Medal
China 10 Denmark 9 (extra end)
Saturday's results
Page Playoffs
Three vs. Four
Canada 10 Denmark 7 (extra end)
Semifinal
Canada 8 China 5

CANADIAN SENIOR CHAMPIONSHIP

At Digby, N.S.

MEN

Saturday's result
Championship
Manitoba 7 Alberta 5

WOMEN

Saturday's result
Championship
New Brunswick 8 Ontario 6

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
y-Chicago	53	19	.736	—
y-Boston	50	21	.704	2½
x-Miami	50	22	.694	3
x-Orlando	47	26	.644	6½
x-Atlanta	41	32	.562	12½
Philadelphia	37	36	.507	16½
New York	35	38	.479	18½
Indiana	32	42	.432	22
Charlotte	30	42	.417	23
Milwaukee	29	43	.403	24
Detroit	26	47	.356	27½
New Jersey	23	49	.319	30
Toronto	20	53	.274	33½
Washington	17	54	.239	35½
Cleveland	14	57	.197	38½

WESTERN CONFERENCE

	W	L	Pct	GB
x-San Antonio	57	15	.792	—
y-L.A. Lakers	52	20	.722	5
x-Dallas	51	21	.708	6
d-Oklahoma City	47	24	.662	9½
Denver	44	29	.603	13½
Portland	42	30	.583	15
New Orleans	42	31	.575	15½
Memphis	40	33	.548	17½
Houston	38	34	.528	19
Phoenix	36	35	.507	20½
Utah	36	38	.486	22
Golden State	31	42	.425	26½
L.A. Clippers	29	45	.392	29
Sacramento	20	52	.278	37
Minnesota	17	56	.233	40½

d – division leader; **x** — clinched playoff berth; **y** — clinched division.

Saturday's results
Atlanta 98 New Jersey 87
Charlotte 114 New York 106
Detroit 100 Indiana 88
Chicago 95 Milwaukee 87
Dallas 94 Utah 77
L.A. Clippers 94 Toronto 90
Yesterday's results
Sacramento 114 Philadelphia 111 (OT)
San Antonio at Memphis
Atlanta at Cleveland
Houston at Miami
Boston at Minnesota
Portland at Oklahoma City
Washington at Golden State
New Orleans at L.A. Lakers
Dallas at Phoenix
Tonight's games
Milwaukee at Charlotte, 7 p.m.
Boston at Indiana, 7 p.m.
Orlando at New York, 7:30 p.m.
Philadelphia at Chicago, 8 p.m.
Portland at San Antonio, 8:30 p.m.
Washington at Utah, 9 p.m.
Tomorrow's games
Miami at Cleveland, 7 p.m.
Houston at New Jersey, 7 p.m.
Golden State at Oklahoma City, 8 p.m.
Phoenix at Sacramento, 10 p.m.

LACROSSE

NLL

EAST DIVISION

	GP	W	L	Pct.	GF	GA	GB
x-Toronto	12	9	3	.750	141	114	—
x-Buffalo	11	8	3	.727	122	102	½
Rochester	11	6	5	.545	106	117	2½
Boston	13	6	7	.462	133	120	3½
Philadelphia	12	4	8	.333	109	138	5

WEST DIVISION

	GP	W	L	Pct.	GF	GA	GB
x-Calgary	12	9	3	.750	153	132	—
x-Washington	12	6	6	.500	155	143	3
Minnesota	11	5	6	.455	124	124	3½
Edmonton	12	3	9	.250	131	160	6
Colorado	10	2	8	.200	89	113	6

x — clinched playoff berth.
WEEK 12
Yesterday's result
Buffalo 12 Minnesota 9
Saturday's results
Colorado 9 Boston 8 (OT)
Rochester 13 Philadelphia 10
Friday's results
Calgary 13 Toronto 9
Edmonton 14 Minnesota 13
Washington 9 Boston 8

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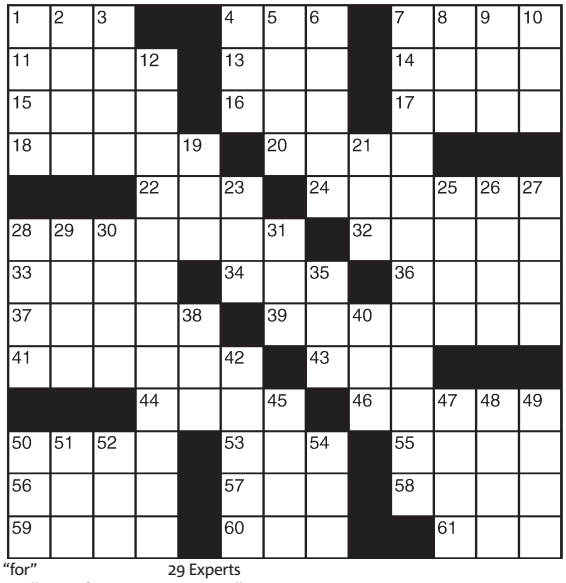

Across

1 Puncturing tool
4 Hooter
7 Vatican VIP
11 Bloke
13 — Beta Kappa
14 Acknowledge
15 Head's opposite
16 Up to, briefly
17 — of Good Hope
18 Backpack part
20 Stare stupidly
22 Sweet potato
24 Pizza need
28 Olympic spear
32 "Strange as it seems, ..."
33 On the rocks
34 Slight touch
36 Chills and fever
37 Mercenary
39 First AFL president, Samuel
41 Purim heroine
43 Thee
44 Mormon state
46 Vestibule
50 — the Terrible
53 Bowling target
55 — En-lai
56 Platter
57 Anger
58 Island dance
59 Egyptian cross
60 Morning moisture
61 See 3-Down

Down

1 Performances
2 "Eh?"
3 Bear's hideaway
4 Choose, with "for"
5 Fillmore, for one
6 Light-purple shade
7 Was potent
8 Eggs
9 Soda
10 Ram's ma'am
12 Was guided by intuition
19 Chum
21 "—cares?"
23 Central
25 Rim
26 Insult
27 Sightseers?
28 Nonsense talk
29 Experts
30 Let it all out
31 Kvetch
35 Lad
38 Allow
40 Curly's brother
42 Fast
45 Employ
47 Dull sound of impact
48 Portrayal
49 Money of China
50 Gilbert and Sullivan princess
51 Actor Diesel
52 Request
54 Fresh

▶ Yesterday's answer

A	M	O	N	G	■	O	E	R	■	M	A	G		
W	E	B	E	R	■	R	Y	E	■	I	C	E		
E	N	V	O	I	■	D	E	V	I	A	T	E		
■	■	I	N	D	E	E	D	■	N	O	E	S		
A	H	A	■	S	L	A	■	E	L	U	D	E		
P	U	T	T	■	A	L	T	A	I	■	■	■		
T	H	E	I	S	T	■	A	R	N	E	S	S		
■	■	■	S	T	E	A	M	■	E	X	P	O		
M	O	T	H	S	■	C	P	A	■	P	A	W		
A	M	I	R	■	S	C	A	M	P	I	■	■		
R	A	D	I	A	T	E	■	B	O	A	R	D		
C	H	A	■	Y	E	S	■	E	S	T	E	E		
H	A	L	■	E	M	S	■	R	E	E	D	S		

Sudoku

		9					1	7
6		4			8	9		
		3		5				
			7	8		5		
2			1		4			3
		7		3	5			
				7		2		
		1	4			6		9
9	4					3		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

4	5	7	3	2	8	6	1	9
2	3	6	9	4	1	5	7	8
9	8	1	7	6	5	4	2	3
3	4	9	1	8	2	7	5	6
1	7	5	6	3	9	8	4	2
6	2	8	4	5	7	3	9	1
8	1	4	2	7	3	9	6	5
5	6	2	8	9	4	1	3	7
7	9	3	5	1	6	2	8	4

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Show some love! Send a note to somebody special at kiss@metronews.ca

My guni gugu, the love of my life. Thank you for loving me and thank you for making me a part of your life. You mean the world to me. Love you forever, **BABA**

Baby, I love you with all I have. You are the only guy for me and I know we will be together forever. You are everything I could ever need and want.You are the love of my life. Boogies Forever! Love **SARAH**

Bubybear, I lalalalove u soo hard!!! You be the man of my dreams!!! years&counting<3 M+A+12 nights of JA=love4ever!! I can"t wait babe! Xoxoxo love your **GXOXOXOXO**

EJ, Happy 24th Birthday! I hope your year is filled of sexy times, super slices, model gf moments and tummy aching laughs. Love you to the moon and back <3 **JL**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 If someone lets you down today it will take all your powers of self-control not to get annoyed, or at least not to let it show. Smile and pretend it's no big deal.

♉ Taurus April 21-May 21 Do you push ahead with something you know is going to need a lot of time, a lot of work and a lot of patience, or do you sit back and take things easy? Only you can decide but that decision must be made now.

♊ Gemini May 22-June 21 Your choice today is clear: either you forgive and forget or you see to it that someone suffers for what they have done to you. Is it really worth starting a war over? Probably not.

♋ Cancer June 22-July 22 Just because someone occupies a position of power does not mean you have to agree with what they say. At some stage today you will get the chance to speak up and you must not waste it. Be brave.

♌ Leo July 23-Aug.23 You have made no end of sacrifices for the people you love and asked for little in return. Now you must do something for yourself. Take the time you need to get your thoughts together.

♍ Virgo Aug. 24- Sept. 22 You might like to pretend that you don't really care what someone is saying about you but deep down you do. Do you take their criticism to heart? No you do not.

♎ Libra Sept. 23-Oct. 23 If self-belief really is half the battle then you are one of life's winners. You certainly don't lack for confidence but you might need a little more common sense today if you are to make the most of your chances.

♏ Scorpio Oct. 24-Nov. 22 There is no point planning too far ahead at the moment. Focus on tying up loose ends and making sure there is nothing that can hold you back or trip you up.

♐ Sagittarius Nov. 23-Dec. 21 Channel your energy into areas where you can have a positive effect on those around you. Negative emotions can be allowed no place in your life.

♑ Capricorn Dec. 22-Jan. 20 Follow your instincts and, if necessary, be ruthless in pursuit of what it is you want most from life. If achievement is what turns you on then just go for it.

♒ Aquarius Jan. 21-Feb. 18 You seem unable to decide whether to get serious about a relationship or whether to keep it at arm's length. You will have to decide one way or the other by the end of the week.

♓ Pisces Feb. 19-March 20 If your sixth sense tells you to be cautious you would be wise to heed the warning. It may be there is nothing much to worry about but you won't know for sure until later in the week. **SALLY BROMPTON**

Caption contest

ARIEL SCHALIT/THE ASSOCIATED PRESS

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